



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

0000

Heiko Hartmann

000: 1:31:38

00: SV Rot-WEiss-Grün Salzböden

00: 155

00: 25.55 km

00000/000: 58 (of 70)

Chari Tria (0,55-20,0-5,0)

00000/0: 49 (of 55)

000000: 58:31

0000:

00000: 8(of 8)

Senioren 3 MK50

0000000: 1:03:55

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.55	13:01	23:40	6	4:51	40	6:04	0.55	13:01	23:40	6	4:51	56	6:04
Wechsel S -> R	-	2:59	-	8	1:22	43	1:52	0.55	16:00	29:05	7	6:06	56	7:56
Schwimmen 000	0.55	16:00	29:05	7	6:06	56	7:56	0.55	16:00	29:05	7	6:06	56	7:56
Rad netto	20.00	43:45	2:11	8	11:52	49	14:24	20.55	59:45	2:54	8	17:44	56	20:43
Wechsel R -> L	-	2:38	-	8	1:41	54	1:59	20.55	1:02:23	3:02	8	19:14	56	22:33
Rad 000	20.00	46:23	2:19	8	13:20	50	16:14	20.55	1:02:23	3:02	8	19:14	56	22:33
Lauf	5.00	29:15	5:50	6	8:29	48	12:02	25.55	1:31:38	3:35	8	27:43	49	33:07